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SUBJECTS AND AUTHORS

Alcohol and the Addictive Personality; Herbert Berger . . .	2:120	Freedom, Faith, Feeling and Fun—My Wish for Family Practitioners; John S. Madara . . .	12:122
American Medicine, 200 Years of: A Color Portfolio . . .	7:49	Fulminant Hepatic Failure, How We Handle; William M. Lee . . .	9:73
Anemias, Unresponsive—Approach and Management; Maxwell M. Wintrobe . . .	9:53	Geriatric Patients, Four Myths About; Leon Marder . . .	5:123
Angiography in Abdominal Aortic Aneurysms, The Case for; David C. Brewster, R. Clement Darling . . .	7:79	Gram-Negative Sepsis, How We Manage; Theodora Gongaware, Glenda Garvey . . .	7:57
Anorexia Nervosa, The Enigma of; Hilde Bruch . . .	5:108	Headaches in Geriatric Patients, Severe, Acute; Kenneth Nakano . . .	8:102
Anxiety from Depression, Clues to Help You Distinguish; Martin Goldberg . . .	12:111	Hearing Problem, When the Mother Suspects a; Daniel Adams, III, Clifton Istre, Jr. . . .	8:72
Appendix of Edward VII, The Celebrated; John F. Courtney	11:176	Heart Attacks? How Much Exercise to Avoid; Theodore G. Klump . . .	4:64
Atherosclerosis a Pediatric Problem, Is?; William B. Strong	1:65	Hemorrhoids, A New Look at; Hamish Thomson . . .	11:116
Burns, What's New in; Curtis P. Artz . . .	10:128	Hemostasis, Dx and Treatment of Abnormal Bleeding Due to Disorders of; Sophie B. Bilezikian, Hymie L. Nossel . . .	10:177
Cancer Chemotherapy: What Drugs Are Available; Stephen K. Carter, Lorraine M. Kershner . . .	2:154	Hepatitis; Hans Popper . . .	2:92
Cardiac Syndrome, Diagnosis of a Complex; David E. Pittman, I.I. Patel . . .	10:102	Hepatitis, Acute Viral; William A. Lee . . .	2:113
Cardiogenic Shock, DD and Management of; Robert J. Dresdale . . .	4:50	Hypercalcemia: The Changing Clinical Profile; John P. Bilezikian . . .	11:153
Cardiovascular Evaluations Tell You?, What Do These; Marc Rice, David E. Pittman . . .	5:152	Hypertension, Mobilizing Against; Stanley H. Garbus, Sharon B. Garbus . . .	7:104
Cervical Disk Lesions and Spondylosis, A Rational Approach to; Charles A. Fager . . .	9:108	Hypertensives: Who Can Wait and Who Can't?; Michael H. Alderman . . .	8:111
Children Fail, Why; Charles Felzen Johnson . . .	12:81	Infectious Diseases, 20 Questions on; Harold Neu . . .	3:86
Chromosomal Abnormalities, A Quick Review of Prenatal Screening for; Hans Zellweger . . .	9:188	INH, When We Give Prophylactic; Theodora Gongaware . . .	7:59
Cocaine, The Case for; Nicholas L. Schenck . . .	2:80	IRS, This Doctor Beat an Unfair Audit by the; Charles M. Terry . . .	7:95
Columbia-Presbyterian, How They Manage Acute Medical Problems at: . . .		Kidney Disease, Case Report Quizzes on . . .	3:155
How We Handle Meningitis; Theodora Gongaware, Glenda Garvey . . .	1:91	Leg Ulcers, Topical Oxygen Promotes Healing of; Stanley Olejniczak, Andrew Zielinski . . .	12:114
Acute Viral Hepatitis; William M. Lee . . .	2:113	Leukemia?, What Causes, Some Developing Concepts; Avrum Bluming . . .	8:43
DD and Management of Cardiogenic Shock; Robert J. Dresdale . . .	4:50	Marijuana, Just What Can You Tell Your Patients About?; Robert L. DuPont . . .	1:120
Antibiotic Regimens in Rheumatic Heart Disease; Theodora Gongaware, Glenda Garvey . . .	6:73	Meningitis, How We Handle; Theodora Gongaware, Glenda Garvey . . .	1:91
How we Handle Endocarditis; Theodora Gongaware, Glenda Garvey . . .	6:75	Murmur, Which Patient Had the Most Serious?; David E. Pittman . . .	9:176
How We Manage Gram-Negative Sepsis; Theodora Gongaware, Glenda Garvey . . .	7:57	Myocardial Infarction? How Much Exercise After; B. Stanley Cohen . . .	4:54
When We Give Prophylactic INH; Theodora Gongaware . . .	7:59	Myocardial Infarction: Is a CCU Really So Important? George E. Burch . . .	5:79
Our Approach to Aspiration Pneumonia and Respiratory Burns; Theodora Gongaware . . .	8:51	Neurology, Case Report Quiz in . . .	3:111
How We Handle Fulminant Hepatic Failure; William M. Lee . . .	9:73	Neutrophil Leukocyte, New Light on the Mystery of the; James G. Hirsch . . .	11:88
Communicating?, Who Says We're Not; Louise Plumb . . .	10:117	Ob/Gyn, 10 Questions in . . .	3:75
Congenital Heart Disease, New Hope for Neonates with; Welton M. Gersony . . .	6:51	Oral Contraceptives and IUDs, How Best to Use; William E. Fuller . . .	12:153
Dermatologic Disorders, The Diagnosis of Difficult; Michael B. Brodin . . .	9:140	Overweight Patients, How Family Doctors Are Treating Their; Nea D'Amelio . . .	12:51
Diet and Nutrition, Puncturing Some Sacrosanct Myths About; George V. Mann . . .	12:58	Pancreatitis, To Help You Get the Jump on Acute; Randolph M. Howes . . .	11:53
Dizziness?, What's Causing the; John S. Turner, Jr. . . .	10:66	"Pap Test, We Need More Than"; L. C. Gravlee, Jr. . . .	1:108
Drs. Mitty, The Secret Lives of Some; Victor Kassel . . .	9:183	Patient Package Inserts: Like it or Not, Here They Come; Terry S. Vincent . . .	12:133
Drugs and Drug Prices, Some Things Your Patients Should Know About . . .	6:66	Patient Education Charts: . . .	
Ear, Nose and Throat Problems, Questions on . . .	3:97	Amniocentesis . . .	9:189
Echocardiography: Its Value to the Family Physician; Charles Z. Naggar . . .	11:191	Arthritis . . .	9:65
Endocarditis, How We Handle; Theodora Gongaware, Glenda Garvey . . .	6:75	Ear Anatomy . . .	10:67
Endoscopic Contraception: A Look at Three Methods; Preston P. Williams . . .	11:67	Gastric Surgery . . .	8:87
ENG in Vestibular Evaluations, A New Look at; Wallace Rubin . . .	1:142	Gonorrhea—Female . . .	10:59
Examinations, One-Day Workshops on How to Take . . .	3:152	Gonorrhea—Male . . .	10:60
Family Practice Boards, How I Prepared for the; Fred J. Araas . . .	3:25	Obstetrics . . .	7:135
Family Practice Recertification Plan Works, How the . . .	3:109	Renal Artery Lesions . . .	12:65
Fatigue in Older Patients, Some Thoughts on; Theodore G. Klump . . .	10:87	Syphilis in the Newborn . . .	10:61
		Vasectomy . . .	11:61
		Penicillin Allergy, A Guide to Skin Testing for; N. Franklin Adkinson, Jr. . . .	10:164

Physical Fitness, How Different Sports Rate in Promoting; C. Carson Conrad	5:65
Phytobezoars Following Gastric Surgery; Ransom R. Buchholz	8:82
Pneumonia, Aspiration, and Respiratory Burns, Our Approach to; Theodora Gongaware	8:51
Pneumonia, Suggestions to Avoid Nosocomial; Daniel M. Kovnat	8:54
Polyps in the GI Tract, The Problem of; Mark M. Ravitch	4:97
Pregnancy, How Serious Is Accidental Injury During?; Herbert J. Buchsbaum	7:134
Psychiatry for Family Physicians, Case Report Quizzes in	3:135
Pulmonary Diseases, Chronic Obstructive, Problems in Diagnosis; Dudley F. Rochester, Norma M. T. Braun	2:70
Rabies Shots—Should You or Shouldn't You?; Lawrence Corey	6:59
Re-Exam, What the American Board of Internal Medicine is Like; Samuel E. Warshawer	3:68
Renal Artery Stenosis—Surgical Indications and Techniques; Ruben F. Gittes	12:64
Rheumatic Heart Disease, Antibiotic Regimens in; Theodora Gongaware, Glenda Garvey	6:73
Rheumatoid Arthritis: How the Non-Steroidal Anti-Inflammatory Agents Work; Gerald Weissmann	9:64
Sex Life, How You Can Help Patients with Physical Ailments to a Better; Joshua S. Golden	9:83
Sleep Disorders in Children, What We Now Know About; Thomas F. Anders	4:75
Sports, Should Grammar School Kids Compete in Contact?; Melvin L. Thornton	6:112
"Stress Without Distress", Further Thoughts on; Hans Selye	11:124
Surgery for Family Physicians, Questions in	3:45
Swine Flu Vaccination, Latest PHS Recommendations on	10:205
Syphilis, Recommended Treatment Schedules for	10:62
Test-Taking Techniques—Tips to Help You Score Better; Maurice Levy, Richard E. Easton	9:155
Thyroid Quiz; Boris Catz	5:148
Trauma, Treatment of:	
The Fractured Pelvis; Leonard F. Peltier	1:76
How They Handle Renal Injuries at Case Western Reserve; Lester Persky	2:65
How They Manage Bladder Injuries at Case Western Reserve; Lester Persky	4:83
How They Handle Urethral Injuries at Case Western Reserve; Lester Persky	5:73
The Spleen; Robert C. Lim	6:82
How We Manage Non-Penetrating Thoracic Injuries; Szabolcs Szentpetery, Lazar J. Greenfield	7:60
How We Handle Penetrating Wounds of the Abdomen; Gerald W. Shafter	8:60
Hydrofluoric Acid Burns of the Hand; Harold E. Kleinert, Jeffrey L. Bronson	12:75

Ultrasound in Clinical Practice; Donald L. King	6:116
Evaluation of Renal Masses	7:130
Its Use in Jaundice of Uncertain Origin	11:111
Suspected Ectopic Pregnancy	4:47
Urinary Tract Infections, Practical Answers to Common Questions About; Richard A. Gleckman	6:98
Urology, What's New in; Stanley Brosman	11:59
Vasectomy, A Question and Answer Guide for Patients Considering; Terry S. Vincent	10:53
Veneral Disease?, What Are the Chances of Catching; R. R. Willcox	

AUTHORS AND SUBJECTS

Adams, Daniel, III; When the Mother Suspects a Hearing Problem	8:72
Adkinson, N. Franklin, Jr.; A Guide to Skin Testing for Penicillin Allergy	10:164
Alderman, Michael H.; Hypertensives: Who Can Wait and Who Can't	8:111
Anders, Thomas F.; What We Now Know About Sleep Disorders in Children	4:75
Araas, Fred J.; How I Prepared for the Family Practice Boards	3:25
Artz, Curtis P.; What's New in Burns	10:128
Berger, Herbert; Alcohol and the Addictive Personality	2:120
Bilezikian, John P.; Hypercalcaemia: The Changing Clinical Profile	11:153
Bilezikian, Sophie B.; Dx and Treatment of Abnormal Bleeding Due to Disorders of Hemostasis	10:177
Bluming, Avrum; What Causes Leukemia? Some Developing Concepts	8:43
Braun, Norma M. T.; Problems in Diagnosis: Chronic Obstructive Pulmonary Diseases	2:70
Brewster, David C.; The Case for Angiography in Abdominal Aortic Aneurysms	7:79
Brodin, Michael B.; The Diagnosis of Difficult Dermatologic Disorders	9:140
Bronson, Jeffrey L.; Treatment of Trauma—Hydrofluoric Acid Burns of the Hand	12:75
Brosman, Stanley; What's New in Urology	6:98
Bruch, Hilde; The Enigma of Anorexia Nervosa	5:108
Buchholz, Ransom R.; Phytobezoars Following Gastric Surgery	8:82
Buchsbaum, Herbert J.; How Serious Is Accidental Injury During Pregnancy?	7:134
Burch, George E.; Myocardial Infarction: Is a CCU Really So Important?	5:79

CONTENTS OF MARCH SPECIAL SELF-ASSESSMENT ISSUE

Cardiology Visual Case Report Quizzes

Yale School of Medicine	3:53
Albert Einstein	3:54
Hospital de Damas	3:55
University of Colorado	3:56
Albany Medical College	3:57
Loma Linda University	3:58
University of Miami	3:59
University of Texas	3:61

Dermatology Visual Case Report Quizzes

UCLA School of Medicine	3:28
Mayo Clinic	3:29
University of Oregon	3:30
University of Texas	3:31
Medical College of Georgia	3:32
Indiana University	3:33
Hahnemann Medical College	3:34
University of Minnesota	3:35

Hematology Visual Case Report Quizzes

Harvard (Beth Israel Hospital)	3:117
New York Hospital-Cornell Medical Center	3:118
Howard University	3:119
University of Alabama	3:120
University of Tennessee	3:121
SUNY (Downstate Medical Center)	3:123
Northwestern University	3:125
University of Arkansas	3:127

Pathology Visual Case Report Quizzes

University of Michigan	3:165
------------------------	-------

Radiology Visual Case Report Quizzes

St. Louis University	3:143
New York University	3:144
Johns Hopkins	3:145
Georgetown University	3:146
Emory University	3:147
University of Oregon	3:148
Baylor College of Medicine	3:149
Stanford University	3:150

Case Report Quizzes on Kidney Disease	3:155
Case Report Quiz in Neurology	3:111
Case Report Quizzes in Psychiatry for Family Physicians	3:135
How I Prepared for the Family Practice Boards; Fred J. Araas	3:25
How the Family Practice Recertification Plan Works	3:109
One-Day Workshops on How to Take Examinations	3:152
Questions in Surgery for Family Physicians	3:45
Questions on Ear, Nose and Throat Problems	3:97
10 Questions in Ob/Gyn	3:75
This Issue of Medical Times Qualifies for CME Credit	3:3
20 Questions on Infectious Diseases; Harold Neu	3:86
What the American Board of Internal Medicine Re-Exam is Like; Samuel E. Warshawer	3:68

Caffey, Eugene M., Jr.; (see listing for Psychiatry for the Family Physician on page 170)	
Carter, Stephen K.; Cancer Chemotherapy: What Drugs Are Available	2:154
Catz, Boris; Thyroid Quiz	5:148
Cohen, B. Stanley; How Much Exercise After Myocardial Infarction?	4:54
Conrad, C. Carson; How Different Sports Rate in Promoting Physical Fitness	5:65
Corey, Lawrence; Rabies Shots—Should You or Shouldn't You?	6:59
Courtney, John F.; The Celebrated Appendix of Edward VII	11:176
Croft, Harry A.; (see listing for Psychiatry for the Family Physician on page 170)	
D'Amelio, Nea; How Family Doctors Are Treating Their Overweight Patients	12:51
Darling, R. Clement; The Case for Angiography in Abdominal Aortic Aneurysms	7:79
Dresdale, Robert J.; DD and Management of Cardiogenic Shock	4:50
DuPont, Robert L.; Just What Can You Tell Your Patients About Marihuana?	1:120
Easton, Richard E.; Test-Taking Techniques—Tips to Help You Score Better	9:155
Fager, Charles A.; A Rational Approach to Cervical Disk Lesions and Spondylosis	9:108
Frank, Jerome D.; (see listing for Psychiatry for the Family Physician on page 170)	
Fuller, William E.; How Best to Use Oral Contraceptives and IUDs	12:153
Garbus, Sharon B.; Mobilizing Against Hypertension	7:104
Garbus, Stanley B.; Mobilizing Against Hypertension	7:104
Garvey, Glenda; Antibiotic Regimens in Rheumatic Heart Disease	6:73
Garvey, Glenda; How We Handle Endocarditis	6:75
Garvey, Glenda; How We Handle Meningitis	1:91
Garvey, Glenda; How We Manage Gram-Negative Sepsis	7:57
Gersony, Welton M.; New Hope for Neonates with Congenital Heart Disease	6:51
Gittes, Ruben F.; Renal Artery Stenosis—Surgical Indications and Techniques	12:64
Gleckman, Richard A.; Practical Answers to Common Questions About Urinary Tract Infections	4:47
Golden, Joshua S.; How You Can Help Patients with Physical Ailments to a Better Sex Life	9:83
Goldberg, Martin; Clues to Help You Distinguish Anxiety from Depression	12:111
Gongaware, Theodora; Antibiotic Regimens in Rheumatic Heart Disease	6:73
Gongaware, Theodora; How We Handle Endocarditis	6:75
Gongaware, Theodora; How We Handle Meningitis	1:91
Gongaware, Theodora; How We Manage Gram-Negative Sepsis	7:57
Gongaware, Theodora; Our Approach to Aspiration Pneumonia and Respiratory Burns	8:51
Gongaware, Theodora; When We Give Prophylactic INH	7:59
Gravlee, L. C., Jr.; "We Need More Than the Pap Test"	1:108
Greenfield, Lazar J.; The Treatment of Trauma—How We Manage Non-Penetrating Thoracic Injuries	7:60
Healey, Louis A.; (See listing for Two Minutes with Arthritis on page 169)	
Hirsch, James G.; New Light on the Mystery of the Neutrophil Leukocyte	11:88
Hodge, James R.; (see listing for Psychiatry for the Family Physician on page 170)	
Howes, Randolph M.; To Help You Get the Jump on Acute Pancreatitis	11:53
Istre, Clifton, Jr.; When the Mother Suspects a Hearing Problem	8:72
Johnson, Charles Felzen; Why Children Fail	12:81
Kassel, Victor; The Secret Lives of Some Drs. Mitty	9:183
Kershner, Lorraine M.; Cancer Chemotherapy: What Drugs Are Available	2:154
King, Donald L.; Ultrasound in Clinical Practice	
Evaluation of Renal Masses	6:116
Its Use in Jaundice of Uncertain Origin	7:130
Suspected Ectopic Pregnancy	11:111
Kleinert, Harold E.; Treatment of Trauma—Hydrofluoric Acid Burns of the Hand	12:75
Klumpp, Theodore G.; How Much Exercise to Avoid Heart Attacks?	4:64
Klumpp, Theodore G.; Some Thoughts on Fatigue in Older Patients	10:87
Kovnat, Daniel M.; Suggestions to Avoid Nosocomial Pneumonia	8:54
Lee, William M.; Acute Viral Hepatitis	2:113
Lee, William M.; How We Handle Fulminant Hepatic Failure	9:73
Levy, Maurice; Test-Taking Techniques—Tips to Help You Score Better	9:155
Lim, Robert C.; Treatment of Trauma—The Spleen	6:82
Madara, John S.; Freedom, Faith, Feeling and Fun—My Wish for Family Practitioners	12:122
Mann, George V.; Puncturing Some Sacrosanct Myths About Diet and Nutrition	12:58
Marder, Leon; Four Myths About Geriatric Patients	5:123
Nagger, Charles Z.; Echocardiography: Its Value to the Family Physician	11:191
Nakano, Kenneth; Severe, Acute Headaches in Geriatric Patients	8:102
Neu, Harold; 20 Questions on Infectious Diseases	3:86
Nossel, Hymie L.; Dx and Treatment of Abnormal Bleeding Due to Disorders of Hemostasis	10:177
Olejniczak, Stanley; Topical Oxygen Promotes Healing of Leg Ulcers	12:114
Olin, Robert H.; (see listing for Psychiatry for the Family Physician on page 170)	
Patel, I.I.; Diagnosis of a Complex Cardiac Syndrome	10:102
Peltier, Leonard F.; Treatment of Trauma—The Fractured Pelvis	1:76
Persky, Lester; Treatment of Trauma—How They Handle Renal Injuries at Case Western Reserve	2:65
Persky, Lester; Treatment of Trauma—How They Handle Urethral Injuries at Case Western Reserve	5:73
Persky, Lester; Treatment of Trauma—How They Manage Bladder Injuries at Case Western Reserve	4:83
Pittman, David E.; Diagnosis of a Complex Cardiac Syndrome	10:102
Pittman, David E.; What Do These Cardiovascular Evaluations Tell You?	5:152
Pittman, David E.; Which Patient Had the Most Serious Murmur?	9:176
Plumb, Louise; Who Says We're Not Communicating?	10:117
Pomerleau, Ovide; (See listing for Psychiatry for the Family Physician on page 170)	
Popper, Hans; Hepatitis	2:92
Prien, Robert F.; (see listing for Psychiatry for the Family Physician on page 170)	
Ravitch, Mark M.; The Problem of Polyps in the GI Tract	4:97
Rice, Marc; What Do These Cardiovascular Evaluations Tell You?	5:152
Rochester, Dudley F.; Problems in Diagnosis: Chronic Obstructive Pulmonary Diseases	2:70
Rubin, Wallace; A New Look at ENG in Vestibular Evaluations	1:142
Schenck, Nicholas L.; The Case for Cocaine	2:80
Selye, Hans; Further Thoughts on "Stress Without Distress"	11:124
Shaftan, Gerald W.; Treatment of Trauma, How We Handle Penetrating Wounds of the Abdomen	8:60
Strong, William B.; Is Atherosclerosis a Pediatric Problem?	1:65
Szentpetery, Szabolcs; The Treatment of Trauma—How We Manage Non-Penetrating Thoracic Injuries	7:60
Terry, Charles M.; This Doctor Beat an Unfair Audit by the IRS	7:95
Thomson, Hamish; A New Look at Hemorrhoids	11:116
Thornton, Melvin L.; Should Grammar School Kids Compete in Contact Sports?	6:112
Turner, John S., Jr.; What's Causing the Dizziness?	10:66
Vincent, Terry S.; A Question and Answer Guide for Patients Considering Vasectomy	11:59
Vincent, Terry S.; Patient Package Inserts: Like it or Not, Here They Come	12:133
Warshauer, Samuel E.; What the American Board of Internal Medicine Re-Exam is Like	3:68
Weissmann, Gerald; Rheumatoid Arthritis: How the Non-Steroidal Anti-Inflammatory Agents Work	9:64
Whitehouse, Fred W.; Two Minutes with Diabetes	
1:133; 2:117; 4:111; 5:133; 6:91; 7:75;	
8:67; 9:169; 10:121; 11:147;	12:97
Willcox, R.R.; What Are the Chances of Catching Venereal Disease?	10:53
Williams, Preston P.; Endoscopic Contraception: A Look at Three Methods	11:67
Wintrobe, Maxwell M.; Unresponsive Anemias—Approach and Management	9:53
Zellweger, Hans; A Quick Review of Prenatal Screening for Chromosomal Abnormalities	9:188
Zielinski, Andrew; Topical Oxygen Promotes Healing of Leg Ulcers	12:114

TWO MINUTES WITH ARTHRITIS Louis A. Healey

More on the New Arthritis Drugs	12:89
Muscle Weakness? It May Be Polymyositis	2:89

TWO MINUTES WITH DIABETES Fred W. Whitehouse

1:133; 2:117; 4:111; 5:133; 6:91; 7:75; 8:67; 9:169;
10:121; 11:147; 12:97

Continued on next page

EDITORIALS AND EDITORIAL COMMENT

A Sense of Satisfaction About 1975; Austin Smith	2:19
An Historic Meeting on Ecology; Austin Smith	6:19
Does Hypertension Begin in the Crib? Austin Smith	5:17
Each Newborn to Owe \$14,000?; Austin Smith	9:14
40,000 Measles Cases Expected; Austin Smith	9:14
Government Paper Work Adds 50¢ to Retail Rx Prices; Austin Smith	9:13
Hospital Visitors Need to Be Controlled; Austin Smith	11:17
How We Might Expedite New Drugs to the Bedside; Charles A. Ragan, Jr.	7:17
Mandatory CME: A Trend That Can't Be Stopped; Austin Smith	3:21
Marriage May Be Hazardous to Your Health; Austin Smith	11:18
More Red Tape in Medical Care; Austin Smith	10:18
New Ways for the Blind to See; Austin Smith	8:15
The Cost of Alcoholism in Industry; Austin Smith	12:15
The Flower of Our Civilization; Theodore G. Klumpp	6:17
The Pharmaceutical Industry Isn't All Bad; Austin Smith	10:13
The State of the Union's Health—1976; Austin Smith	4:15
What We Spend on Health Versus Hobbies; Austin Smith	1:19
Why Do Women Live Longer than Men?; Austin Smith	11:18

MISCELLANEOUS

My Own "Equal Rights" Program; M. D. Rosenberger	8:52
New Office Test for Gonorrhea;	10:58
Obituaries—Charles A. Ragan, Jr., Frank B. Berry	12:17
Please, Doctor, Report Your Hepatitis Cases; Theodore G. Klumpp	2:106
Postscript; Theodore G. Klumpp	11:163

Mediquiz® Answers

Concluded from page 165

tumor is histologically benign. (Pathologic Basis of Disease, Robbins, 1974, pp. 1279–1288, 1290–1292)

12—C. As Emboli in the Bloodstream—Carcinomas tend to spread via the lymphatic system, while sarcomas preferentially embolize through blood vessels. (These generalizations are not, however, absolutes.) Regional lymph nodes are frequently excised at the time of removal of the primary tumor in the case of a carcinoma, but not a sarcoma. Hematogenous tumor emboli most frequently involve the liver and lungs. (ibid, pg. 121)

13—C. Increase in Unconjugated Serum Bilirubin—The defect in the Dubin-Johnson syndrome lies in defective excretion of conjugated bilirubin and several other substances. No treatment is necessary. (Principles and Practices of Medicine, Harvey, 1972, pg. 785)

14—L. All of the Above—Sprue, ileo-jejunitis, and celiac disease cause fat malabsorption via mucosal abnormalities of the small bowel. Steatorrhea also occurs in chronic pancreatitis due to a deficiency of lipase production. (ibid, pg. 751)

15—C. Iron—Free silica (quartz) and silicates (asbestos, mica, talc) are fibrogenic while iron is biologically relatively inert. (Medical Clinics of North America, May, 1973, pp. 594–595)

PSYCHIATRY FOR THE FAMILY PHYSICIAN

Guidelines for Antipsychotic Drug Use; Robert F. Prien, Eugene M. Caffey, Jr.	5:87
How Patients Get Better Through Psychiatry; James R. Hodge	1:83
How to Keep Patients From Feeling Hurt When You Suggest a Psychiatrist; Harry A. Croft	8:79
Is the Child Mentally Retarded . . . or Psychotic?; Robert H. Olin	9:123
Psychological Factors in Illness and Healing; Jerome D. Frank	4:114
You Can Get Patients to Change Their Habits; Ovide Pomerleau	10:149

MEDICAL PLACES OF INTEREST IN OUR BICENTENNIAL YEAR

Susan Jenkins

Massachusetts	1:116
New Jersey	2:150
New York	9:194
North Carolina	4:106

TEENAGE MEDICINE

1:97; 2:55; 4:40; 5:52; 6:45; 7:45; 8:37; 9:49; 10:48; 12:98

Patients Who Monitor Blood Pressure at Home More Likely to Comply with Drug Therapy

► The most effective approach to getting high blood pressure patients to take their medicine faithfully is to teach them to monitor their blood pressure at home, according to R. Brian Haynes, M.D., a fellow in the blood and cardiovascular program at McMaster University School of Medicine, Hamilton, Ontario, Canada. He based this statement on a study of hypertensive Canadian steel workers. He said that, in addition to the home readings, periodic checkups were also important.

Other methods tried included educating patients about their disease, and providing medical care and treatment at a convenient site, such as their office or plant.

Dr. Haynes spoke on "Patient Adherence to Therapy" at a day-long conference on "Hypertension Detection and Control," sponsored by Michigan State University, the University of Michigan, and Ciba Pharmaceutical Company. ◀

